



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2025/2026 Issue 8
23rd October 2025

Upcoming Events

INSET DAY

Friday 24 October
School closed to Students

Half Term

Monday 27 October –
Friday 31 October

INSET DAY

Monday 3 November
School closed to Students

Year 7 Parents Meeting with Form Tutors

Thursday 6 November
4.00 – 6.00p.m.

UA6 Open Evening

Thursday 27 November
5.00 – 7.00p.m.



Headteacher's Headlines



Dear Parents & Carers,

As we come to the end of another busy and rewarding half term, I'll take a moment to share some important updates and words of thanks.

We say a warm farewell to **Ms Akinsoji** and **Mr Laine**, who are moving on to new opportunities. We are deeply grateful for their dedication and commitment to our students and school community. We wish them both every success and happiness in the next chapter of their journeys.

We are also pleased to welcome our new Parent Governor, **Mr. Furqan Hussain**, who was elected unopposed. We look forward to working closely with him as part of our Governing Body.

It is a joy to welcome back **Ms. Keogh** and **Mrs. Asbali** from maternity leave – we are absolutely delighted to have them return to the Ursuline community.

Finally, a huge thank you to all our parents and carers for your continued support throughout this amazing half term. Your encouragement and partnership make such a difference to everything we do.

We wish all our students and families a restful break and look forward to welcoming everyone back to school on **Tuesday 4th November**.

SERVIAM



School Fund Letter

THE URSULINE ACADEMY ILFORD

A Catholic Academy for Gir^ols aged 11 - 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



October 2025

Dear Parents & Carers,

At Ursuline Academy Ilford, we are committed to providing the best possible education and facilities for our students. However, with increasing financial pressures, it has become more challenging to fund much-needed improvements. For many years, we have relied on voluntary contributions from parents to support these projects, but the number of families contributing has declined.

Thanks to past donations, we have recently been able to undertake two meaningful refurbishments. Our chapel now features a stunning new mural of St. Angela Merici, providing an inspiring and reflective space for our students and staff. In addition, we have refurbished a staff restroom adjacent to the school prayer room to better support pupils who practice wudu ablutions, ensuring that all students have access to appropriate facilities that respect and accommodate their faith. These projects are just two examples of how your contributions directly enhance the experience of our students.

To ensure that our students continue to have access to the very best education and facilities possible, we are asking for a voluntary contribution of £25 per term, per family. This small but significant amount will go a long way in enhancing learning environments, upgrading resources, and ensuring that every student has access to the opportunities she deserves. Of course, we would be incredibly grateful for any contributions beyond this amount, and significant donations will be acknowledged through plaques, commemorations, and dedications. If you'd like to make a more significant contribution, you can contact me directly at fstone@uai.org.uk.

We are committed to transparency and will provide regular updates on the funds raised and how they have been used. Every contribution, no matter the size, makes a meaningful difference and is a testament to our shared commitment to providing the best for our young women.

If you would like to support us, please use ParentPay, where you will find the options for voluntary contributions for each term or contact finance@uai.org.uk for more information on how to donate. Thank you for your ongoing support and generosity. Together, we can continue to build a thriving future for Ursuline Academy Ilford and ensure that our students have the best possible opportunities to grow, learn, and succeed.

With gratitude and best wishes,

Fiona Stone
Headteacher



success in learning for all



Newsletter Contents this week:

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Pope Leo XIV @ Pontifex – 22 October 2025

On the paths of the heart, the Risen One walks with us and for us. Jesus bears witness to the defeat of death and affirms the victory of life, despite the darkness of Calvary. Our lived history still has much goodness in which to hope. [#GeneralAudience](#)

Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint

October: Be Shepherds

24th October: Strive to lead them with love and with a mild and kindly hand, and not imperiously, not harshly, but in everything, willingly be gentle.

25th October: Be careful and vigilant!

26th October: Be very careful never to complain.

27th October: Don't stay angry.

28th October: If Jesus Christ directs and teaches you, you will be well taught.

29th October: Persevere faithfully and joyfully in the work you have begun.

30th October: Keep to the ancient way. And live a new life.





Afro-Caribbean Society News

On Wednesday 22nd of October 2025, Ursuline celebrated Black History Season in style, presenting **THE SHOW!**

THE SHOW has been held in high regards by a plethora of students and staff. **Ms Milne** had reviewed it as "the best one yet." **Mr McCarthy** reviewed it as "highly professional." **Ms Eakins** was proud of the "talented pupils showcasing their amazing abilities".

But here are a few words from Ursuline Academy Ilford's Afro-Caribbean Society:

"Culture, community, camaraderie...three words which describe the UAI. But if you ask us, this is exactly what black history season is all about. Yes, we celebrate achievements. Yes, we celebrate influence. But, solidarity is the driving force of black excellence. And that's what THE SHOW represents!"

"But what is black excellence? Black excellence is the senior leadership team who lead for justice, for all. Black excellence is the staff who embody the serviam ethos for students of all ethnic backgrounds. Black excellence is the students who unite in harmony to celebrate...us".

"It's culture. It's community. And its camaraderie."

The ACS team: **Mr Okyere, Ms Akinsoji, and the Yr 13, 12, 11, 10 and 9 girls** managed to display the intricate beauty of black culture through the show, with support from **Mr Vijay, Ms Afnan and the school community.**

Performers and acts conveyed the pride and resilience people of black backgrounds have stood in since the beginning of time.



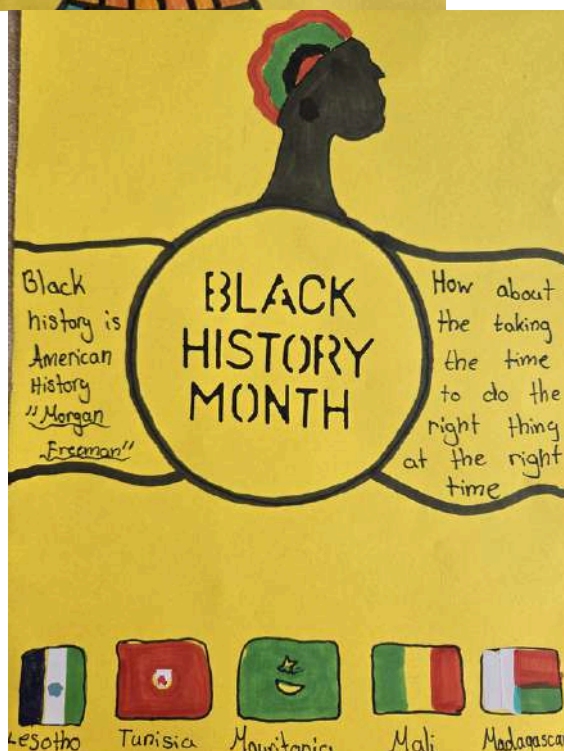
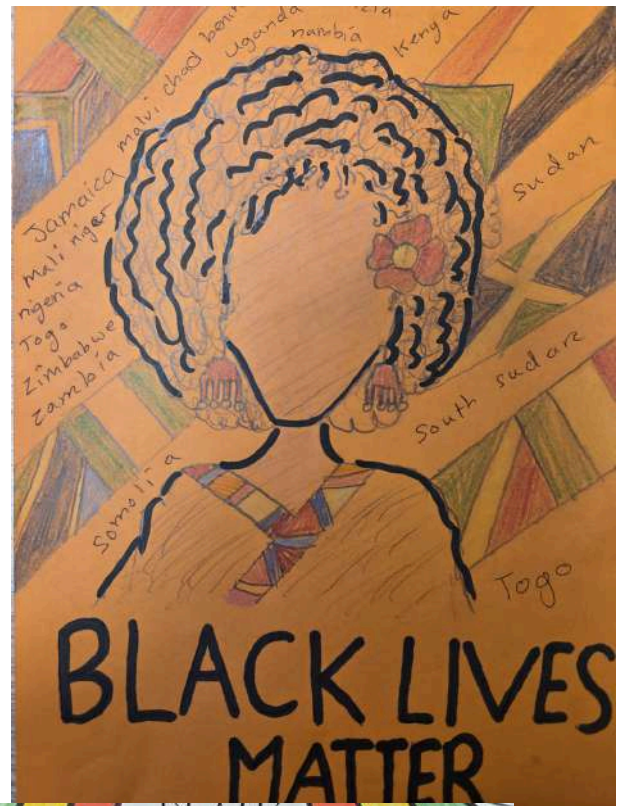
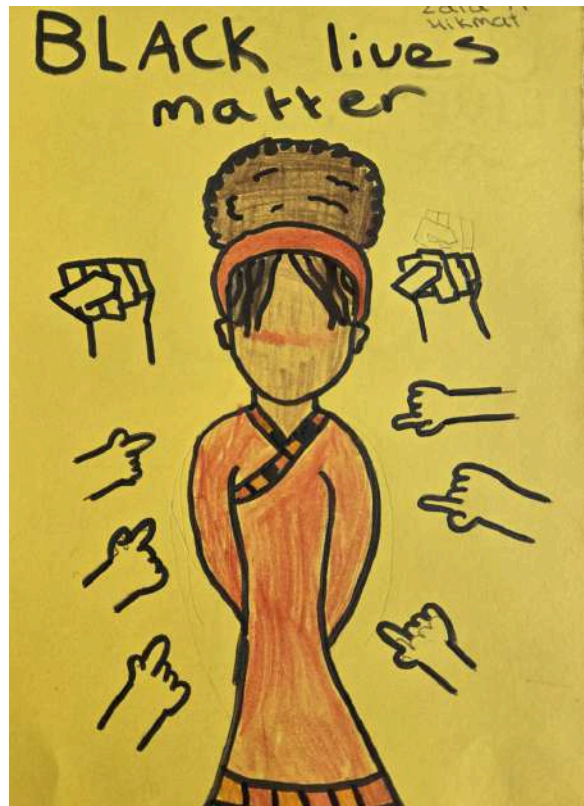




Black History Season

Our Year 7 students have thoroughly enjoyed exploring Black History throughout October. They've been learning about the achievements of inspiring black men and women from both the past and present, and have created beautiful cards to celebrate their lives and contributions. It's been fantastic to see their creativity, curiosity, and respect shine through during this important month of learning.

Their work will be displayed in F2 on our wonderful Black History board! Well done.





Eco Club News

ECO CLUB

Sustainable Style Day

On Friday the 14th November, the Eco-Club is hosting the Ursuline Academy's first ever Sustainable Style Day. It will be a chance for everyone to **wear sustainable, or green clothing**, such as clothes from **charity shops, clothes you have repaired, clothes made from recycled materials, hand-me-downs from parents or older siblings**, as well as **clothes from sustainable companies**.

We are doing this to raise money for a solar panel, which will be installed in courtyard, to inform students of the benefits of sustainable energy, and to generate some emission-free electricity for the benefit of everyone.

If you wish to take part, we are asking for a £1 donation to fund this project. We hope you take part and feel inspired to dress more sustainably in your everyday life!



SUSTAINABLE STYLE DAY



Friday 14th November

Hosted by Eco-Warriors

What to wear:

Wear sustainable clothes

e.g clothes from charity shops, repaired clothes, hand-me-downs

- **Sustainable companies (e.g. Patagonia)**

Bring £1 for charity



Don't forget to attend the Sustainable fashion runway



Happy Halloween from Year 7!

Halloween Decorations by 7J

This Halloween, students from Form 7J brought creativity, teamwork, and Ursuline spirit to life by transforming their classroom into a spooky yet joyful space.

During registration time, pupils collaborated to create a vibrant Halloween display. Ten students took on the task of carving pumpkins – each representing one of the Ursuline values. Alongside this, they made colourful paper chains, added touches of fake blood for atmosphere, and enjoyed every moment of the process.

*“We made a Halloween display. We chose 10 people to carve pumpkins, each pumpkin had its own Ursuline value. We made paper chains, bought fake blood and had so much fun.” – **Maariyah***

*“I enjoyed decorating our classroom with teamwork. This was only possible because of Ms Verma’s support. I helped by drawing pumpkins, ghosts, and chains. It was so much fun – I hope we do this again later in the year!” – **Ishal Ali***

*“I honestly really loved decorating our classroom. I made a Jack-o’-Lantern and a beautiful Halloween banner for the board. I hope we can do the same for Christmas!” – **Inayah Ali***

*“This experience was really personal to me as I’ve been celebrating Halloween since I was a toddler. I helped manage the decorations, and I believe this activity brought us closer as a form group. I’m already excited for our Christmas and Easter decorations in 2026 – I’m over the moon with how it turned out!” – **Emily***

The decorations not only reflected the students’ creativity but also strengthened their sense of community, teamwork, and joy – truly embodying the spirit of the Ursuline values.





Happy Halloween from Year 7!



Ms Verma, 7J



Happy Halloween from Year 7!

Halloween Decorations by 7C

This Halloween, 7C transformed our form room into a spooky masterpiece! From glowing pumpkins to handmade bats and cobwebs galore, their creativity shone through every detail.

What impressed me most was how united they were: everyone played a part, working together with enthusiasm and laughter. Their teamwork and imagination made the room come alive and truly captured the spirit of 7C.

Well done, everyone—you made Halloween fang-tastic! 🎃



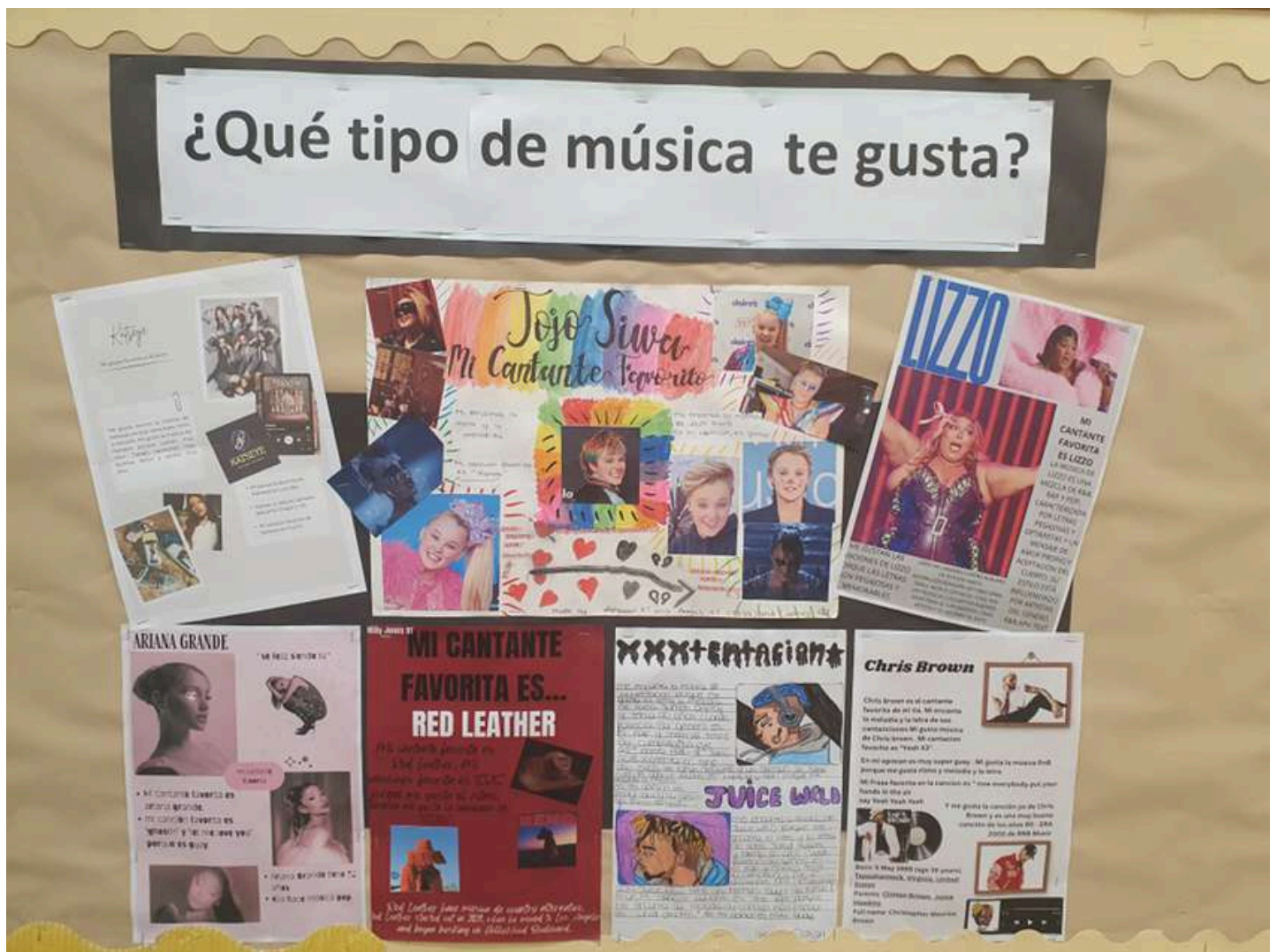


Spanish News

This week the Year 9 Spanish students have been busy working hard on some display work for the Spanish classroom. They have been studying how to talk about their musical tastes leading to them producing some eye-catching posters for display.

This project not only highlighted the diversity of musical interests among our students but also encouraged self-expression and artistic skills. Although these lesson took place in their Spanish lessons, it's wonderful to see how music continues to be a universal language that brings us together.

If you're in school be sure to stop by the display in G5 and take a moment to enjoy the posters—and maybe discover a new favorite genre yourself!





Music News

Year 8 Assembly Ukulele Performance

Well done to students in Year 8 who participated in a recent ukulele performance, sharing their developing work in curriculum music lessons. Students performed a special version of Bob Marley's famous anthem '3 Little Birds', demonstrating their emerging ensemble performance skills and enjoyment of music! Thank you to students from 8C, 8J, 8R & 8T: **Jisha, Aliza, Varnavi, Marziya, Semilade, Asya, Kavina, Asiya, Amber, Varsha, Madalina, Ionela, Amelie, Sharika, Divine, Isha** and any additional students who joined the performance on the day!

KS3 Singers for Open Evening

Thank you to students in years 7, 8 and 9 who performed so beautifully in the Chapel for Open Evening. Students shared songs reflecting the liturgical life of the Academy. Well done to: **Amelia, Mahin, Durva, Angelica, Semilade, Haleema** and all students who supported the event in the department and the Chapel.



New Starters – Instrumental Lessons

This term we have had over 20 new starters participating in instrumental lessons! We offer lessons in the following disciplines: Violin, Piano, Voice, Drum Kit, Trumpet, Saxophone, Flute, Clarinet, Electric Guitar, Bass Guitar and Acoustic Guitar.

We have offered a range of taster lessons for students to have an experience of what is on offer in the music department. If your child has benefitted from a taster lesson this half term, please follow-up with Miss J Hurst (jhurst@uai.org.uk) should you wish to sign your child up for an instrumental lesson with one of our visiting music teachers.

Many students will have been given a copy of the application form and copies are available from Reception and from Miss Hurst in the music department.

Ms Hurst, Subject Lead, Music



P E News

Cross Country at Fairlop Waters

On the 22nd of October students competed at the Borough Schools Cross Country Championships. The sun was shining and the autumn colours were beautiful.

Ursuline had three teams competing Year 7, junior girls (Years 8 and 9) and the intergirls (Years 10 and 11).

Results of the team event are not available as yet, but the top three Ursuline results in each age group were as follows:-

Year 7 - **Aniyah** 6th, **Noor** 14th and **Umaiza** 40th.

Junior girls - **Ruth** 31st, **Jisha** 33rd and **Therese** 47th.

Inter girls - **Azzurra** 2nd and **Phoebe** 21st.

It was a joy to take all the students to this event as their attitude and behaviour was superb! Well done everyone!



Mrs Mansell, Teacher of P E

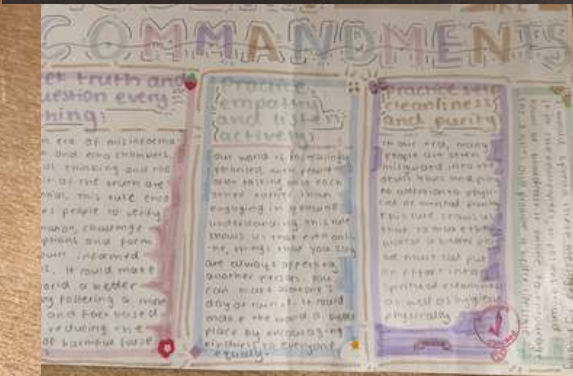
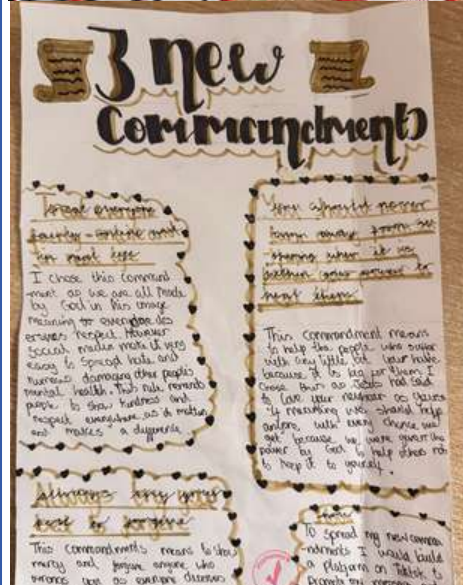
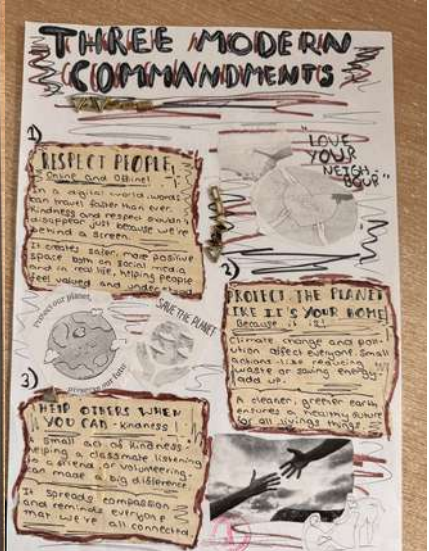
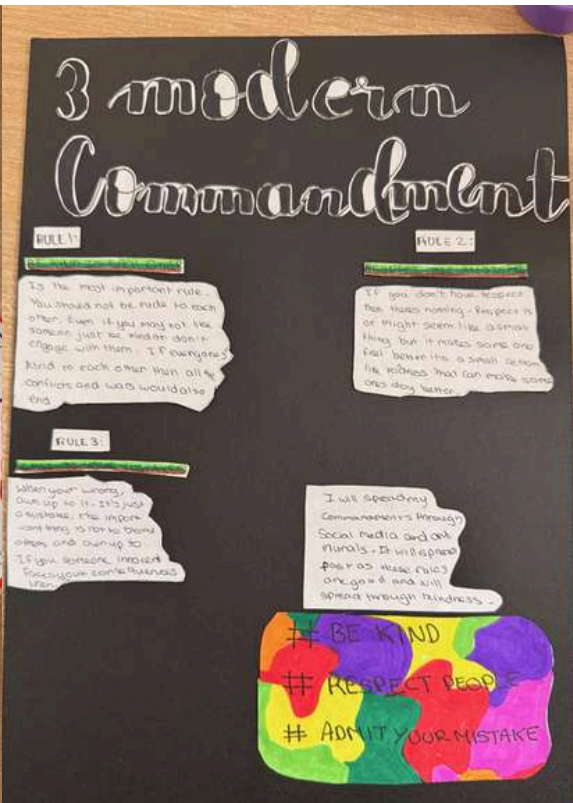
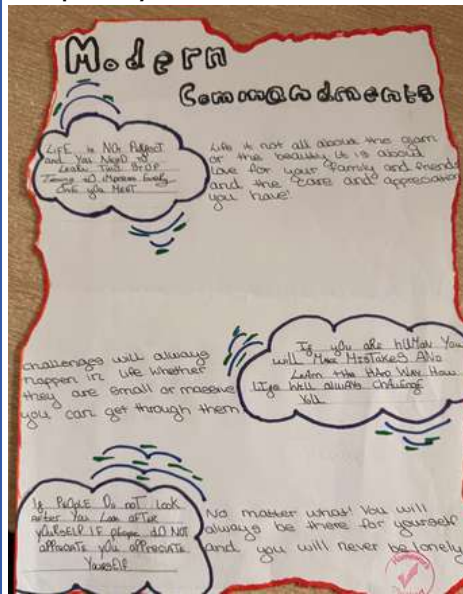
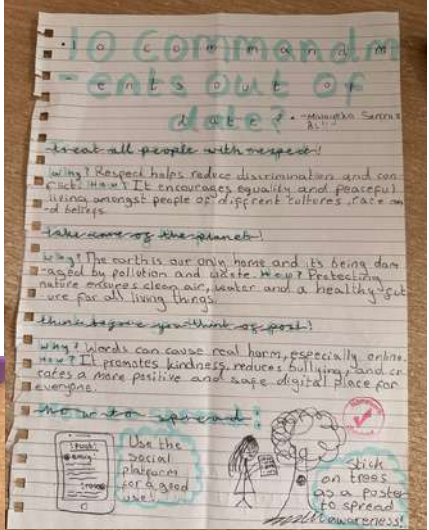
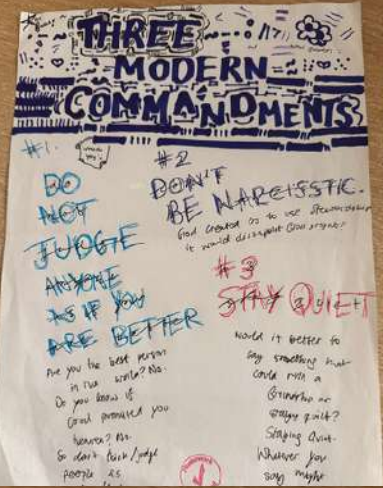
RELIGIOUS EDUCATION

RE News

8C RE Project

This week, Year 8C have been exploring the Ten Commandments, learning about their meaning, history, and importance in shaping moral values. After thoughtful discussions about how these ancient teachings relate to life today, the students worked creatively to design their own modern commandments—rules they believe can guide us in everyday situations.

To showcase their ideas, Year 8C created eye-catching posters that combine the traditional Ten Commandments with their new, thoughtful versions for the modern world. Their work reflects not only deep understanding but also imagination and empathy. Well done, Year 8C! ✨



Ms Posnakidou, Teacher of RE



Rome Trip

All Roads lead to Rome! May 2026



If you signed up for the Rome trip, please come along to a meeting that will be held in **Room F3** at **12.45 pm** on Wednesday 5th November.

You receive the letter with all the relevant information.

Have a slice of Pizza and learn about all of the exciting things we will be doing.



The £280 deposit will need to be paid by Wednesday 12th November.





Student Leadership

Student Leaders receive their Badges

Last Thursday, our Year 11 and 13 student leaders were invited to the Headteacher's office, where they were personally issued their leadership badges.

During the visit, Ms Stone took a moment to congratulate each student and ask them about their new roles and responsibilities. It was a brief but meaningful interaction, recognising their commitment to representing their peers and contributing positively to school life.

We're proud of our student leaders and look forward to the great work they have begun this year.

Here are a few student leader comments:

I was proud to receive my Deputy Head Girl badge from our Head Teacher. It was such a special moment, and I am happy to be in this position and helping to make a positive difference around the school. **Elizabeth Boansi**

In the short time since our leadership team was formed, we've already come together to share fresh ideas and plan meaningful changes for this academic year. With so many passionate voices in our team, everyone has a chance to be heard, and I'm confident we'll work hard to make a real difference. I'm truly grateful for this opportunity.

Christina Bradbeer

I'm proud to receive this badge for student leadership. Working with such a dedicated and supportive team has been an incredible experience. I've learned so much and truly enjoyed every moment of working alongside others who are just as passionate about making a difference. I'm excited to see what we can achieve together in the future!

Sara Khan

Starting my role as a student leader for Enrichment in September has been an exciting experience. It's been great to come together as a group to discuss different ways we can improve our school. I've also enjoyed helping with events such as fundraising and assemblies. Receiving my badge was very rewarding as it gave me a real sense of pride and responsibility. **Uchechi Okpala**





Student Leadership

Student Council Badge Presentation

Last Friday, our School Council representatives received their badges from the Headteacher, Ms Stone, followed by a group photo to mark the occasion.

Congratulations to all our new Student Council members!

Your badges symbolise the important role you will play in representing your peers and helping to shape a positive, inspiring school community. I can't wait to see all the great things you will achieve this year!

Head Girl, Lily Power 13.1

From the Student Council:

As a Student Council, we believe teamwork, leadership, and communication are key—along with all the great ideas from our fellow students and form groups. We are dedicated to representing the student body by organising activities that make our school more welcoming and stronger than ever, promoting community spirit, and addressing student concerns.

Ayesha Imtiaz 9R



Dr Osei-Owusu, Enrichment & Student Lead Coordinator



Consent for Monthly Free School Meal Checks:

During Free School Meal checks, the London Borough of Redbridge use details such as parent/carer full name, date of birth and national insurance number. As a school, we collect the consent from parent/carers and pass this onto the London Borough of Redbridge on your behalf.

Please kindly scan the QR Code below to access the form to complete your preference/s.

Please note: if your daughter is not currently receiving free school meals, you may still wish to opt into the monthly checks.



Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
 - Income Support
 - Income-based Jobseeker's Allowance
 - Income-related Employment and Support Allowance
 - Support under Part VI of the Immigration and Asylum Act 1999
 - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.



MAIN MEALS

From £2.60

01/09/25, 22/09/25,
13/10/25, 10/11/25,
01/12/25

**AUTUMN MENU
WEEK ONE**

MON	TUE	WED	THU	FRI
MASALA MOMENTS	AMERICAN DINER	ROAST	TASTE OF JAMAICA	FISH & CHIP SHOP
Chicken Tikka Masala with Mango Chutney (Mu)	Buttermilk Chicken Burger with Ranch Slaw (G,E,So,Se,Mk)	Roast Turkey with Stuffing & Herb Gravy (G)	Jamaican Jerk Chicken with Jerk Gravy	Battered Fish Fillet (G,F)
Vegetable Tikka Masala with Mango Chutney (Mu)	Pizza Mac & Cheese with Garlic & Herb Bread (G,Mk,So)	Creamy Butternut & Vegetable Pie With Crunchy Crust (G,Mk)	Jamaican Jerk Eat Curious with Jerk Gravy	Cheese & Onion Pasty (G,Mk)
Pilau Rice Spicy Roasted Cauliflower	Cajun Corn & Peppers Seasoned Fries	Crunchy Roast Potatoes Savoy Cabbage & Carrots	Coconut Rice & Peas Caribbean Coleslaw (E,Mk,So)	Chips Peas Baked Beans
Extras: Naan Bread (G)	Extras: Onion Rings (G)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Flatbread (G,Mk,So)	Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

Check out what's on offer today, available for free school meals!



GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Chicken Hot Dogs with Mustard & Pickled Red Onions (G,Mu,Se,Su)	Cheesy BBQ Loaded Fries with Crispy Onions (G,Mk)	Korean Chicken Rice Bowl with Hot Chilli Sauce (G,Se,So)	Mexican Chicken Panini with Tortilla Chips (G,Mk,So)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY
Double Chocolate Pudding (G,E,Mk,So)

TUESDAY
Berry Flapjack Crumble (G)

WEDNESDAY
Toffee & Banana Cake (G,E,Mk,So)

THURSDAY
Lemon & Blueberry Sponge (G,E)

FRIDAY
Sticky Baked Jam Doughnut (G)

From £1.40



LOOK OUT FOR DAILY
★ **THEME BARS,** ★
JACKET POTATOES
& **SALAD BAR**



PASTA STATION

MONDAY
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)

TUESDAY
Bolognese (G), Basil Pesto (G,E,Mk)

WEDNESDAY
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)

THURSDAY
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)

FRIDAY
Pepperoni Mac & Cheese with Crispy Onions (G,Mk,Mu)

From £2.60

ALLERGENS

Speak to one of our chefs if

Ce = Celery
Cr = Crustacean

F = Fish
Gr = Grains

L = Lupin
Mk = Milk

Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soy

MAIN MEALS

From £2.60

08/09/25, 29/02/25,
20/10/25, 17/11/25,
08/12/25

**AUTUMN MENU
WEEK TWO**

MON	TUE	WED	THU	FRI
TEX-MEX	TASTE OF BRAZIL	HOME COMFORTS	KATSU KITCHEN	FISH & CHIP SHOP
Smoky Beef Eat Curious Chilli Con Carne with Salsa	Zesty Brazilian Chicken (G)	Chicken Sausages with Caramelised Onion Gravy (G,Su)	Crispy Chicken Katsu (G,E) with Curry Sauce (G,So)	Battered Fish Fillet (G,F)
Eat Curious Smoky Veggie Chilli with Salsa	Butternut & Sweet Potato Moqueca	Grilled Veggie Sausages with Caramelised Onion Gravy (G,Ce)	Crispy Sweet Potato Katsu (G,E) with Curry Sauce (G,So)	Crispy Vegetable Spring Rolls with Curry Sauce (G,Mk,Se,So)
Nachos Roasted Corn & Peppers	Lime & Coriander Rice Creamy Corn (Mk)	Creamy Mashed Potatoes Roasted Broccoli	Steamed Rice Asian Salad	Chips Peas Baked Beans
Extras: Spicy Potato Wedges	Extras: Cheesy Garlic Bread Balls (G,Mk)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Prawn Crackers (Cr,Su)	Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

Check out what's on offer today, available for free school meals!



GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Piri Piri Halloumi Wraps (G,E,Mk,Su)	Beef Burger in a Bun with Salad & Pickles (G,Se,So,Su)	Korean BBQ Chicken Wings & Rice (G,So,Se, Mu,Ce)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY
Pineapple Upside Down Sponge (G,E,Mk,So,Su)

TUESDAY
Berry Mess Cup Cakes (G,E)

WEDNESDAY
Caramel Apple Shortbread Crumble and Custard (G,E,Mk,So)

THURSDAY
Frosted Carrot & Orange Cake (G,E,Mk)

FRIDAY
Chocolate Brownie (G,E)

From £1.40



LOOK OUT FOR DAILY
★ **THEME BARS,** ★
JACKET POTATOES
& **SALAD BAR**



PASTA STATION

MONDAY
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

TUESDAY
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

WEDNESDAY
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

THURSDAY
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

FRIDAY
BBQ Mac & Cheese with Garlic Breadcrumbs (G,Mk,So)

From £2.60

ALLERGENS

Speak to one of our chefs if

Ce = Celery
Cr = Crustacean

F = Fish
Gr = Grains

L = Lupin
Mk = Milk

Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soy

MAIN MEALS

From £2.60

15/09/25, 06/10/25,
03/11/25, 24/11/25,
15/12/25

**AUTUMN MENU
WEEK THREE**

MON	TUE	WED	THU	FRI
TASTE OF ITALY	PIZZA NAANS	ROAST	TEX-MEX	FISH & CHIP SHOP
Penne Bolognese Pasta Bake (G,Mk) with Garden Salad	Smothered Pizza Naan with Tandoori Chicken & Minty Yoghurt (G,E,Mk)	Chicken with Stuffing & Herb Gravy (G)	Mucho Mexican Chicken Burrito Bowl (G,Mk,So)	Battered Fish Fillet (G,F)
Mediterranean Vegetable Lasagne (G,E,Mk) with Garden Salad	Smothered Pizza Naan with Sweet Chilli Paneer & Minty Yoghurt (G,E,Mk)	Roast Root Vegetable Wellington with Stuffing & Herb Gravy (G,E,So)	Mucho Mexican Eat Curious Vegetable Burrito Bowl (G,Mk,So)	Crispy Vegetable Samosa with Mango Chutney (G,Mu)
Baked Potato Wedges Steamed Seasonal Greens	Masala Fries Spiced Roasted Chick Peas (G)	Crunchy Roast Potatoes Roasted Carrots & Parsnips	Zesty Lime Rice Spicy Pinto Beans (G,So)	Chips Peas Baked Beans
Extras: Garlic Bread (G,Mk,So)	Extras: Mini Samosa (G,So)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Tortilla Chips (So)	Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

Check out what's on offer today, available for free school meals!



GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Cajun Haloumi & Red Pepper Burger (G,Mk,E,Se)	Chicken Chow Mein (G,E,So)	Beef Chilli Loaded Waffle Fries (Mk)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY Autumn Pear & Berry Crumble with Custard (G,E,Mk,So)
TUESDAY Tip to Toe Banana & Chocolate Brownie (G,E,Mk,So)
WEDNESDAY Lemon & White Chocolate Drizzle Cake (G,E,Mk,So)
THURSDAY Sticky Toffee Pudding (G,E,Mk,Su)
FRIDAY Pancakes With Toffee Sauce (G,E,Mk)

From £1.40



**LOOK OUT FOR DAILY
★ THEME BARS, ★
JACKET POTATOES
& SALAD BAR**



PASTA STATION

MONDAY Chicken Balti Rice Pot (G) Vegan Chilli Sin Carne Rice Pot (G,Ce,So)
TUESDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
WEDNESDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
THURSDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
FRIDAY Mac & Cheese with Crushed Nachos & Salsa (G,Mk,So)

From £2.60

ALLERGENS

Speak to one of our chefs if

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

So = Sesame Seeds

School Menus

What's for Lunch?



Clubs Timetable



Ursuline Academy Sixth



Monday	Time	Club - Year Groups	Location	
	AM	8:00am (30)	☪ Breakfast Club 7-13	Canteen Mr Donovan
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Break	10:40am	☪ Ukulele Club 7-8	S5 Ms Eakins
	Lunch	12:40pm (30mins)	☪ Art Club 7-9	S4 Mr Selley
			☪ IT Club 7-13	F6 IT team
		☪ Basketball 8,9 & 10	Gym Ms Whates	
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
1.00-1.30pm (30mins)		+ Maths Club 7-13	F13 Ms Verma	
PM	3:30pm (1hr)	☪ Spanish Club 11	G5 Mr Clare	
		☪ Homework Club 7-13	Library Ms Jones	

Tuesday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Mr Donovan
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Lunch	12.50-1.30	☪ IT Club 7-13	F6 IT team
			☪ Movie Club	Chapel Ms Semambo
		12.40 - 1.40	☪ Art Club	S2 Ms Naz
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
		12:40pm (30min)	+ Maths Club 7-13	F13 Mr Deen
			☪ Volleyball 7-13	Gym Ms Whates
		12:40pm (55mins)	☪ Music Year 7 Practice Room Access	Practice rooms Ms Hurst
		1:00pm (30min)	☪ STEM Club (Visualise) 7-11	G12 Ms Kodi-Pecku
		1:10pm (30mins)	☪ Guitar Club 7-13	S5 Mr McCarthy & Mr Okyere
PM		3:30pm (1hr)	EAL Homework Club (selected students)	F7 Ms Choudhury
	3:30pm (1hr)	☪ Homework Club 7-13	Library Ms Jones	

Wednesday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Mr McCarthy
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Break	10:40am (20mins)	☪ Ukulele Group 7-13	S5 Ms Eakins
	Lunch	12:40pm (30mins)	☪ Music Y10-13 Practice Room Access	Practice rooms Ms Hurst
			☪ IT Club 7-13	F6 IT team
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
		12.40pm	☪ Islamic Society 7-13	F10 Mrs Ahmed
			☪ Music Year 9 Practice Room Access	Practice rooms Ms Hurst
		1.00pm (30mins)	P E GCSE Revision 10-11	G2 Mrs Mansell
		1.00pm (30mins)	☪ Carnatic Club 1.10pm	S5 Ms Hurst
			+ Maths Club 7-13	F13 Ms Sivachadran
		1:05pm (30mins)	☪ Eco Club 7-13	G3 Mr McCarthy
		1:10pm (30mins)	☪ Music Year 11 Course Work	S5 Ms Hurst
PM		3:20pm (1hr)	☪ Netball 7&8	Playground Mrs Mansell
		3.20 - 4.20pm	☪ Football	Playground Ms Whates/Mr Burt/Mr Okyere
	3:30pm (1hr)	☪ Homework Club 7-13	Library Ms Jones	

Thursday	Time	Club - Year Groups	Location	
	AM	8:00am (30)	☪ Breakfast Club 7-13	Canteen Mr McCarthy
		10:40am	☪ Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	Lunch	12:40pm (55mins)	☪ IT Club 7-13	F6 IT team
			☪ Library Lunch Club 7-13	Library Ms Jones
		12:40pm (1hr)	☪ Badminton 9-11	Gym Ms Eakins
			☪ Music Y10-11 Practice Room Access	Practice rooms Ms Hurst
		1:00pm (30mins)	☪ Music Y7-13 Choir	S5 Ms Hurst
			☪ STEM Club (Visualise) 7-13	G12 Ms Kodi-Peckhu
		1:00pm (30mins)	☪ South Asian Society Y7-13	S8 Ms Sivachandran & Ms Verma
PM			3:30pm (1hr)	☪ Homework Club 7-13
		☪☪ Worship Band 9-10	S5 Ms Hurst	
		☪ Netball 9-11	Playground Ms Whates	

Friday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Ms Donovan
		Lunch	☪ Badminton 10-11	Gym Ms Gardiner
	☪ Gardening Club 7-8		Chapel Ms Eakins	
	☪ Greek Dancing 7-13		Dance Studio Ms Posnakidou	
	☪ IT Club 7-13		F6 IT team	
	12:40pm (1hr)	☪ Library Lunch Club 7-13	Library Ms Jones	
		☪ Music Year 8 Practice Room Access	Practice Rooms Ms Hurst	
		1:00pm (30mins)	☪ Maths Club 7-13	F13 Mrs Kayode
		1:05pm (30mins)	☪ Homework Club 7-13	Library Ms Jones
PM		3:30pm (1hr)	☪ Music Y10-11 Coursework	S5 Ms Hurst
			☪ Athletics 7-13	Playground Mrs Mansell





Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

SEND PARENT CARER COFFEE MORNING WITH MP

DATE: THURSDAY 6TH NOVEMBER 2025

TIME: 10AM - 12PM

VENUE: FRENFORD CLUBS, JUNIOR CLUB ROOM, THE DRIVE, IG1 3PS

FOLLOWING OFSTED SEND INSPECTION AND GOVERNMENT'S ONGOING WORK TOWARDS THE FORTHCOMING SEND & ALTERNATIVE PROVISION WHITE PAPER, EPT IS HOSTING A PARENT CARER COFFEE MORNING TO SHARE LIVED EXPERIENCES, PRIORITIES, AND ASPIRATIONS FOR CHANGE FROM LOCAL FAMILIES.



GUEST SPEAKERS:

- **Rt Hon Sir Iain Duncan Smith - Conservative MP for Chingford and Woodford Green**
- **Mr Calvin Bailey - Labour MP for Leyton and Wanstead**
- **Other MPs to be confirmed**

MUST BOOK IN ADVANCE VIA EVENTBRITE:

[HTTPS://EPTSENDMP.EVENTBRITE.CO.UK](https://EPTSENDMP.EVENTBRITE.CO.UK)

LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

 07486 880 646



FOLLOW US ON FACEBOOK: [Empowering Parents Together - Redbridge](#)

FOLLOW US ON TWITTER: [@EPT_Redbridge](#)



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Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Upcoming NOVEMBER webinars

**SURVIVING THE WINTER WITH SENSORY PROCESSING DIFFICULTIES WITH OCCUPATIONAL THERAPIST ALISON HART
TUESDAY 4TH NOVEMBER 2025 AT 8PM**

**PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN EDUCATION WITH RUTH FIDLER, EDUCATION CONSULTANT
TUESDAY 11TH NOVEMBER 2025 AT 8PM**

**ARFID (AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER) WITH ELIZABETH SHEA, ARFID SPECIALIST
THURSDAY 13TH NOVEMBER 2025 AT 8PM**

**SUCCESSFULLY ADVOCATING FOR AUTISTIC CHILDREN IN SCHOOL WITH CHRIS BONNELLO, FOUNDER OF "AUTISTIC NOT WEIRD"
MONDAY 24TH NOVEMBER 2025 AT 8PM**

PLEASE JOIN EPT FREE MEMBERSHIP AND BOOK THE WEBINARS BY EMAIL AS SOON AS POSSIBLE BEFORE REGISTRATION TIME CLOSES AT 4PM ON THE DAY.

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